



# DISABLED RESOURCES CENTER, INC.

A key to Independent Living

Winter Newsletter 2008

## Dear Reader "DRC is going Green"

As this year draws to a close, all of us at DRC are counting the many blessings that have been bestowed on us in 2008 which have allowed us to provide excellent programs and services for our consumers. We are especially grateful to the foundations, agencies, and individuals who have supported us with their contributions.

We are looking forward to a wonderful 2009 as well. In early January we expect to start our newest program, which will provide training on the efficient and safe use of public transportation for people with disabilities. We are so excited that Metro selected us for this federally funded program because it will allow us to provide training for our consumers as well as for many other agencies, educational institutions, and organizations. Expect to hear more about this special training grant in our next newsletter.

In the meantime, we are moving forward to provide enhanced services and programs and to help our community be an even better place to live. For example, DRC is going "Green." In keeping with the need to support improvement for the environment, DRC started by turning their new "Key to Independence" logo green in color. Next, DRC changed its former blue "DRC at a Glance" fact sheet to include all of our 14 programs and services and had the form printed in green along with a green cover on our Annual Report.

We are now carefully recycling all paper and paper goods; we are using the backs of pages that we don't need. More importantly, all the staff, volunteers, and interns have been asked to bring their own ceramic cups to

avoid using styrofoam and paper cups. We are doing our part to help the environment in every way we can.

Disabled Resources received a new 5 year grant for the Ticket to Work Program. As a member of the SSA "Employment Network" for the Ticket to Work and Self-Sufficiency Program, we are providing services to consumers that want to go back to work. This will allow them to become self-sufficient and independent.

Our Assistive Technology Loan Program is ready to help you or someone you may know who needs a temporary, 30-day loan of a wheelchair, walker, or quad-cane, etc. and, we have seven levels of reading glasses and regular canes in case those are needed.

Finally, another group of enthusiastic people have completed our eight-week Peer Counseling Training. We started new Peer Counseling Training on November 18, 2008. If one of your goals for 2009 is to do some volunteer work, please call us.

We have enclosed a donation envelope for those of you who want to share in DRC's once a year fund drive.

With the holidays and the New Year around the corner, all of us here at DRC wish you and your families' good health, happiness, and peace.



Cordially,  
Dolores Nason  
Executive Director

## Happy Thanksgiving for 25 LB Families

Once again, Senator Alan Lowenthal has included DRC consumers on his list to receive turkeys donated by the California Water Service Company. Rather than providing turkeys as in the past, this year they will be providing gift certificates, good towards the purchase of a turkey.

It's going to be a Happy Thanksgiving for 25 families thanks to Senator Alan Lowenthal.



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## **CACoD Disability Awareness Celebration**



DRC had a booth at the City of Long Beach Citizens' Advisory Commission on Disabilities (CACoD), Disability Awareness Month Celebration, on October 23, 2008, at the Main Library. Picture of DRC table manned by:

Staff- Richard Hernandez

Volunteer- Tina FoaFoa

Staff- Vincent Johnson

Staff- James Alusick

Volunteer- Bill Peters &

DRC Board Member and Vice President

Cathy Parsa.

## **DRC's Executive Director receives an Award**



**DRC Executive Director, Dolores Nason receiving a Special Recognition Award: The City of Long Beach and The Citizens' Advisory Commission on Disabilities (CACoD)**

**Presents to**

**Disabled Resources Center For outstanding service you provide to the City of Long Beach and the Disabled Community**

**Thank you for making a difference!**

## **A Special Congratulations to DRC Staff**

**RICHARD HERNANDEZ**

From Assembly-member, Warren Furutani 55-D, who appointed Mr. Hernandez into his newly formed Ambassadors Council. He will be representing the Long Beach disabled community.

**MARIO RODRIGUEZ**

From the California Franchise Tax Board and the Homeowners and Renters Assistance Program (HRA). "For the many hours of service assisting your community in the preparation of Homeowner & Rental Assistance Claims during the 2008 season."



## DRC's Staff Retreat



***STAFF RETREAT***  
**SEPTEMBER 5, 2008**

**Before going to the Getty Villa for art & lunch the staff discussed their goals and vision for the center while enjoying breakfast prepared by their Executive Director, Dolores Nason**

## Richard Burnett and Dante Bush our new Volunteers

**Richard Burnett** worked with the Federal Government, as a manager at the Government Printing Office and a service rep at the SSA, and an Army veteran with a B.A. in Political Science.

Rather than simply attempt to re-enter the Federal workforce, I decided to share my experience and contribute to the activities and programs of the DRC as a volunteer.

My first assignment was to assist in the DRC's activity as an Employment Network under the Social Security Administration's Ticket to Work program. I can use my knowledge of SSA's methods to make DRC a more effective EN.

I am also disabled which allows me an understanding of our client's needs, an understanding that will be broadened through my activities there.

**Dante Bush** is another volunteer. He went through the eight week Peer Advisory Course and now works at DRC every Thursday, assisting with the orientation of new consumers.

He was born in Los Angeles, graduated from Jordan High School in Special Education and attended Long Beach City College He worked at Von's. He is really enjoying being a volunteer and helping people with disabilities

## Meet Kathy Cruz our new Intern

After graduating from Vanguard University with a Bachelor's degree in Psychology, I realized I needed hands-on experience in the real world. I had been a re-entry student and out of work for years with a hidden disability. Disabled Resources Center (DRC) offered me the best work and training experience opportunity. My work experience class at Long Beach City College accepted this volunteerism. It is worth 4 unit credits, and while taking a total of 7 units, I am able to defer my student loans until I become employed.

All volunteers at DRC are required to take an 8-week Peer Counseling Training Program covering disability eti-

quette and issues such as listening, communication, environment, socializing, helping, empathy, sensitivity, and addressing people with special needs. In addition, DRC offers many applicable ongoing seminars and training programs. Self-confidence grows when one is well-trained.

I especially like the variety of work experiences to choose from at DRC. Anyone can stretch the limits of their learning here if that's what they want to do. You also get the satisfaction of advocating for people with disabilities who appreciate your help.

**Kathy Cruz** DRC Advocate Intern

## Upcoming Events

November 7, 2008	U.S. Vets Luncheon at the Grand Hotel
November 12, 2008	State of the County Address Supervisor Don Knabe, at LB Convention Center.
November 12, 2008	El Camino College/Compton Center/Janelle Allen at DRC/ 1:30pm – 3:00pm
November 13, 2008	Law Clinic at DRC, from 10:00am–1:00pm
November 14, 2008	Health Fair & Flu Shot Clinic Ernest McBride Sr. Park, from 9:00am – 12:00pm
November 18, 2008	New Peer Counseling Class Starts at DRC/ for 8 weeks, every Tuesdays, 1:30- 3:00pm
November 19, 2008	Benefits Workshop DRC, 9:30 – 11:00am
November 19, 2008	Long Beach Transit/Dan Rosenfeld/ Women's Group/ at DRC/1:30– 3:00pm
November 20, 2008	Social Security Disability Benefits Work Shop at DRC/1:00pm – 3:30pm
November 24, 2008	AT California Telephone Access Workshop/ at DRC/1:30pm – 3:00pm
November 26, 2008	Movie & Popcorn/Women's Group & CoEd Group/at DRC/1:30 – 3:00pm
December 3, 2008	L.B. Transit Proposed Fare Public Hearing 4:00pm – 6:00pm, L.B. Main Public Library
December 3, 2008	Independence at Home/Blanca Martinez/ Group Discussion/Women's Group/at DRC/1:30pm – 3:00pm
December 4, 2008	Group Discussion/Games/CoEd Group/at DRC/ 1:30pm – 3:00pm
December 10, 2008	L.A. Care/Lisa Kodmur/Women's Group/at DRC/1:30pm – 3:00pm
December 12, 2008	Senior Services Stakeholder Meeting- Jewish Center, 1:00pm – 2:00pm
December 18, 2008	Group Discussion/Budgeting Skills/CoEd Group/at DRC/1:30pm – 3:00pm
December 19, 2008	Staff Holiday Luncheon, Office Closed
December 25, 2008	Christmas Holiday
January 1, 2009	New Year Holiday
January 14, 2009	Community Advocacy Group meeting, Long Beach Neighborhood Resource Center/ Richard Hernandez/3:00pm – 4:30pm
January 19, 2009	Martin Luther King Jr. Holiday
February 11, 2009	Community Advocacy Group meeting, Long Beach Neighborhood Resource Center/ Richard Hernandez/3:00pm – 4:30pm
February 16, 2009	Presidents Day Holiday
February 24, 2009	Annual Interfaith/Intercultural Breakfast, 7:30am, at the L.B. Convention Center Grand Ballroom



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**Wishing you Happy Holidays!**

### **Mission Statement:**

**To empower people with disabilities to live independently in the community, to make their own decisions about their lives and advocate on their own behalf.**

## DRC Board of Directors

### **Mark Matsui, MS - President**

Director, Disabled Student Services, LB City College.

### **Cathy R. Parsa, RN - Vice President**

Rehabilitation Case Manager, VA LB Healthcare System.

### **Shirley Hsiao - Treasurer**

Service Development Manager, Long Beach Transit.

### **Rev. C. Kit Wilke, M. Div. - Secretary**

Pastor, Woodruff & Cross Roads UCC Churches.

### **Lloyd Saposnek, MS**

Counselor, Growth & Opportunities Project LBCC.

### **Al Morrison, MBA**

Retired Inventor.

### **Judi Holmes, MSW**

Disabled Student Programs Specialist, Cerritos College.

### **Julie Seguin**

Assistant Professor, CSU Dominguez Hills.

## DRC Staff

**Dolores Nason**– Executive Director

**Clyde Smith**– Bookkeeper

**James Alusick**– Service Assistant

**Khanny Ou**– Personal Assistant Specialist

**Mario Rodriguez**– Housing Services Coordinator

**Ricardo Arena**– Office Assistant

**Richard Hernandez**– Systems Change Advocate

**Vincent Johnson**– Assistive Technology Coordinator

**Geoffrey Gaertner**– Assistive Technology Assistant

**Cheryl Wilson**– Independent Living and Peer Support

**Felicita Moges**– Benefits Advocate Counselor